NordicTrack® APEX 6000

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.
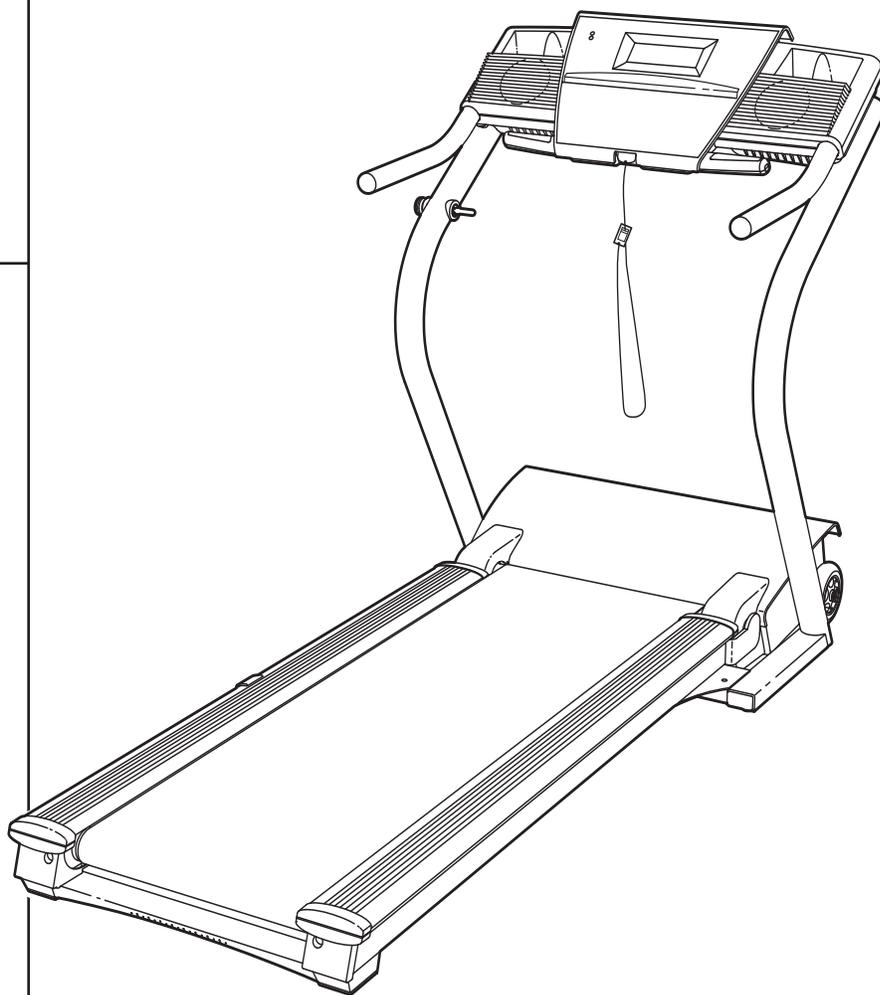
CUSTOMER HOT LINE:
1-888-825-2588
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–5 p.m. MST

ON THE WEB:
www.nordictrackservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at
www.nordictrack.com
new products, prizes, fitness tips, and much more!

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NordicTrack is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

2. Use the treadmill only as described.

3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

6. Keep children under the age of 12 and pets away from the treadmill at all times.

7. The treadmill should not be used by persons weighing more than 300 pounds (136 kg).

8. Never allow more than one person on the treadmill at a time.

9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*

10. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

13. Keep the power cord and the surge suppressor away from heated surfaces.

14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 24 if the treadmill is not working properly.)

15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 11).

16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as exercise aid in determining heart rate trends in general.

19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord and move the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the reset/off circuit breaker.)

20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 22.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

21. Do not change the incline of the treadmill by placing objects under the treadmill.
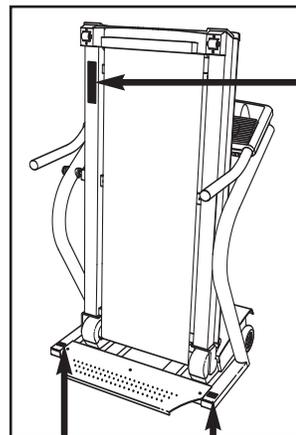
22. When folding or moving the treadmill, make sure that the storage latch is fully closed.

23. When using iFIT programs, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

24. When using iFIT programs, you can manually override the speed and incline settings by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.

25. Always remove iFIT CDs and videos from your CD player or VCR and disconnect your MP3 player when you are not using them.

26. Inspect and properly tighten all parts of the treadmill regularly.

27. Never insert or drop any object into any opening.

28. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

29. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown below have been placed on the treadmill. If a decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown. Note: The decals may not be shown actual size.

⚠**WARNING:**

Protect yourself and others from risk of serious injury. Read the user's manual and :

- •Stand only on the side rails when starting or stopping treadmill.
- •Change speed in small increments.
- •Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- •Stop if you feel faint, dizzy, or short of breath.
- • Fully engage storage latch before treadmill is moved or stored.
- •Reduce incline to its lowest level before folding treadmill into storage position.

- •Never allow children on or around treadmill.
- •Remove key when not in use.

- •Keep clothing, fingers, and hair away from moving belt.
- •Never try to adjust or fix the belt while it is moving.
- •Always wear athletic shoes while operating treadmill.

⚠ **CAUTION**

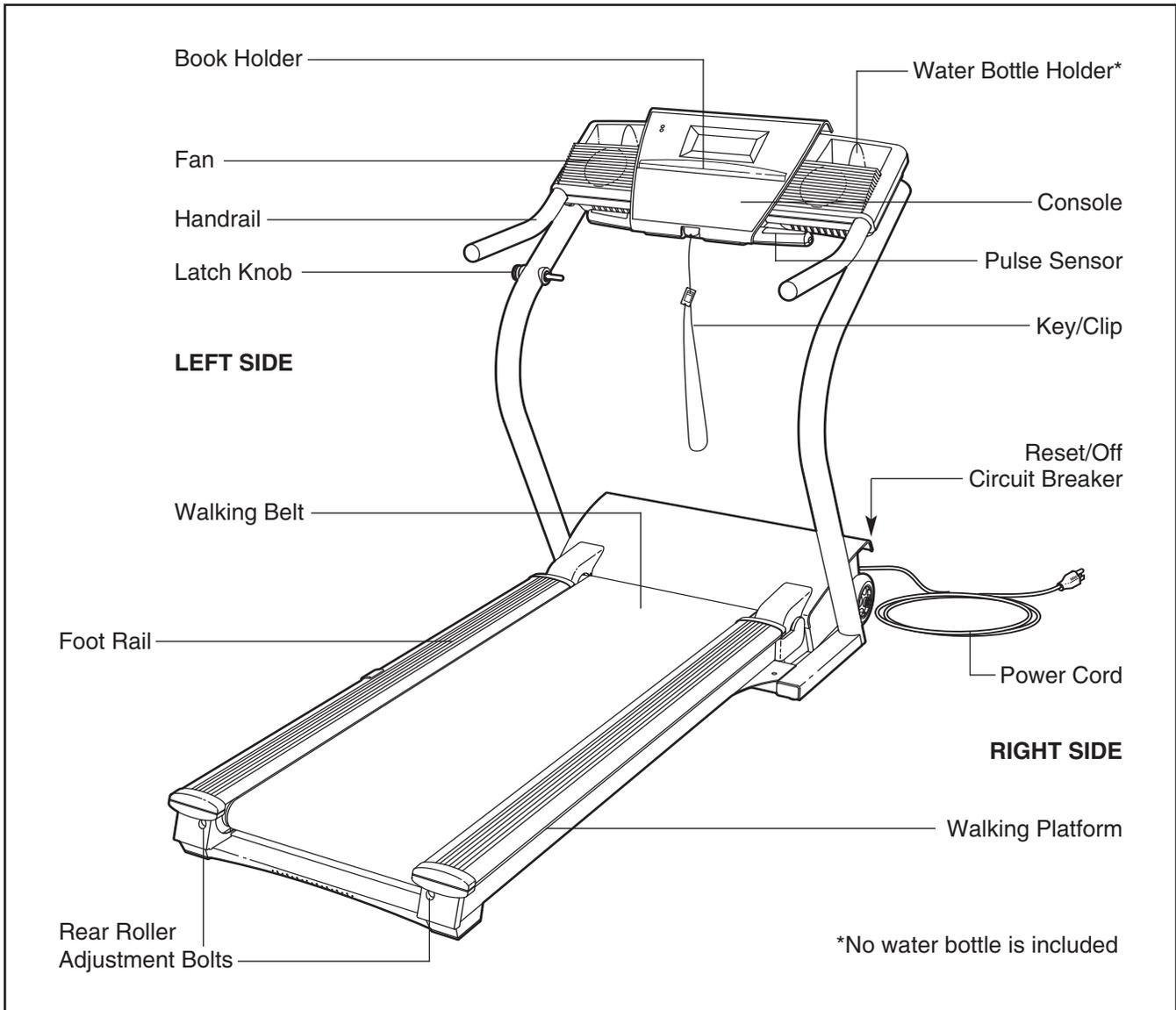KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® APEX 6000 treadmill. The APEX 6000 treadmill offers an impressive array of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the unique APEX 6000 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-
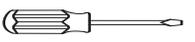
ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number of the treadmill is NTL21005.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

Book Holder

Fan

Handrail

Latch Knob

LEFT SIDE

Walking Belt

Foot Rail

Rear Roller
Adjustment Bolts

Water Bottle Holder*

Console

Pulse Sensor

Key/Clip

Reset/Off
Circuit Breaker

Power Cord

RIGHT SIDE

Walking Platform

*No water bottle is included

ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials, unless otherwise instructed. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included hex key ⌐ **and your own flat-bladed screwdriver** ⊏▭▭▭━━○ **, wire cutters** ⤢▭◎ **, and adjustable wrench** ⚲━━⟍ **.**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the treadmill or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt or foot pads, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Cage Nut (28)–3

Handrail Washer (95)–4

2" Bolt (114)–3

4 1/2" Bolt (96)–4
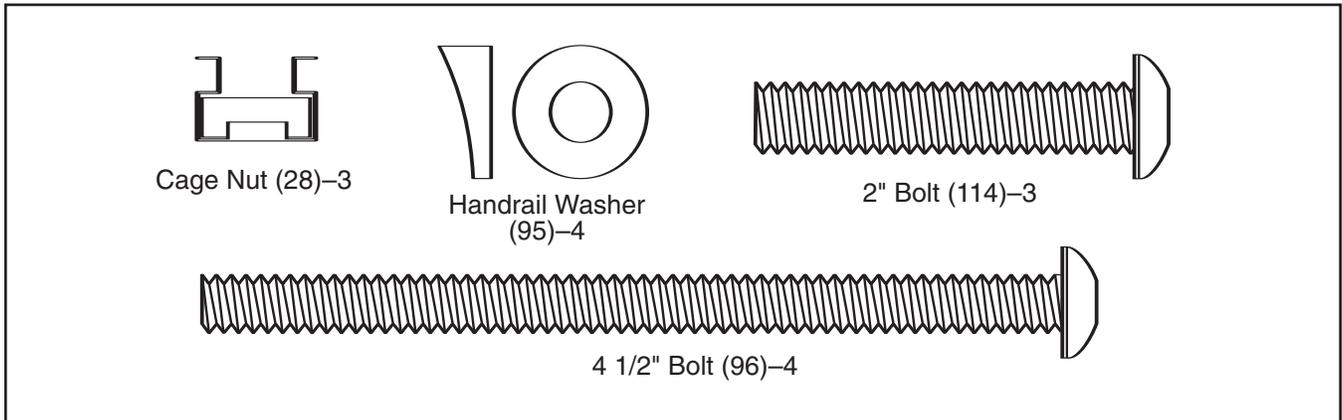
1. With the help of a second person, carefully raise both Uprights (83) to a vertical position. Remove any packaging from the crossbar.

   Remove the elastic holding the Upright Wire Harness (131) in the right Upright (83). Have a second person hold the Handrails (73) near the Uprights. Connect the Upright Wire Harness to the wires extending from the Console Base (120). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

   Insert the connectors and the Upright Wire Harness (131) into the hole in the right Upright (83). Then, set the Handrails (73) on the Uprights, being careful not to pinch the wires.
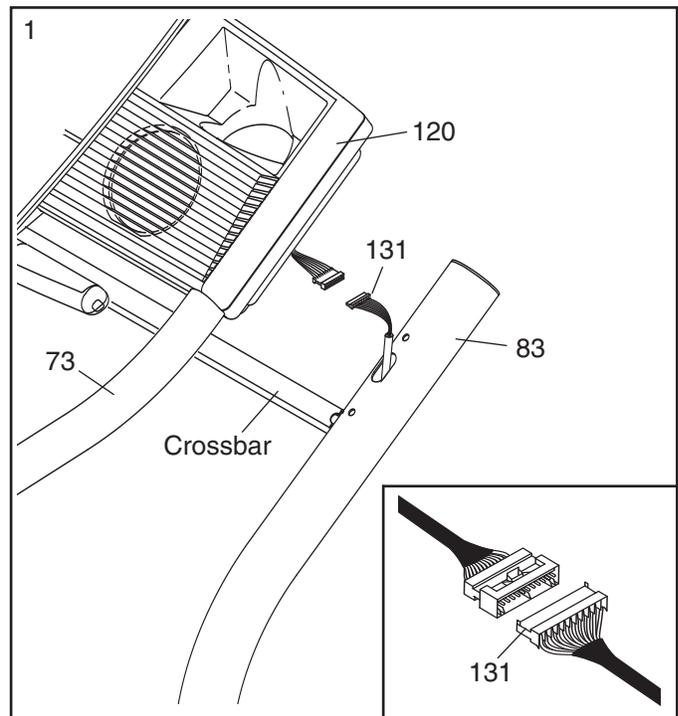
2. Insert two 4 1/2" Bolts (96) with Handrail Washers (95) into the right Upright (83). Next, lift the right Handrail (73) slightly and align the Handrail Bolts with the holes in the Handrail. Thread the Handrail Bolts into the Handrail. **Do not tighten the Handrail Bolts yet. Be careful not to pinch the wires.**

   Attach the left Handrail (not shown) in the same way. Make sure that the Handrail Washers (95) are flush against the Uprights (83), with the thick sides facing the center of the treadmill, as shown in the inset drawing. Then, **tighten all four Handrail Bolts (96).**
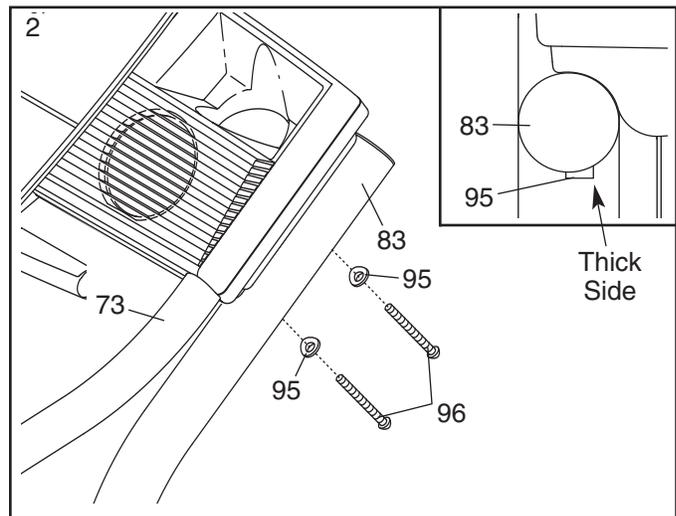
3. With the help of a second person, carefully tip both Uprights (83) to the floor.

   Insert the three Cage Nuts (28) into the three indicated holes in the treadmill.

   To insert each Cage Nut (28), first hook one side of the Cage Nut into a hole and then use a flat-bladed screwdriver to press the other side into the hole, as shown.
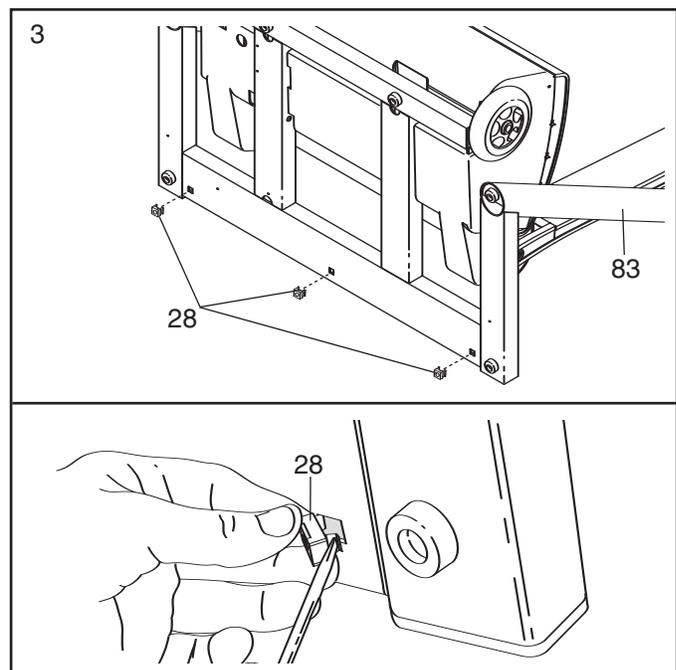
4. With the help of a second person, carefully raise the Upright (83) to a vertical position. Press the Lock Knob Sleeve (87) into the right side of the left Upright, and press the Lock Knob Spacer (86) into the other side of the left Upright.

   Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (If there are two collars, make sure that there is one on each side of the spring.) Next, insert the pin into the Lock Knob Sleeve (87) and the left Upright (83). Then, tighten the knob back onto the pin.
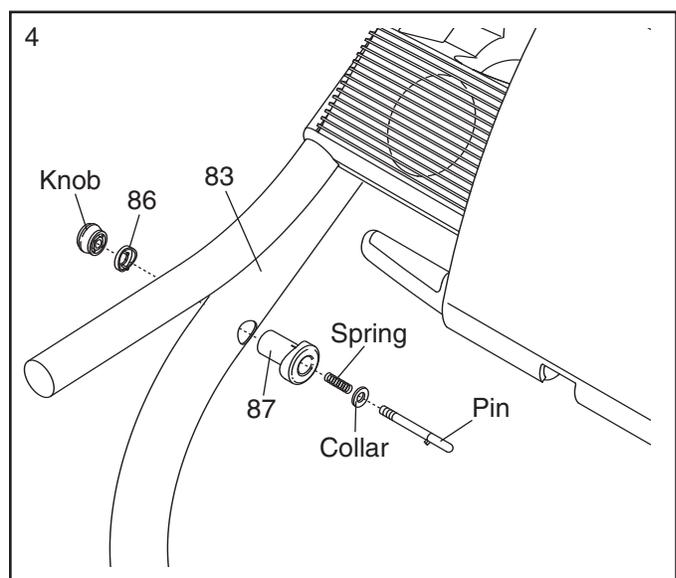
5. With the help of a second person, raise the Frame (7) to the storage position and make sure that the latch pin is engaged as described on page 22.

   Position the Base Plate (115) on the treadmill as shown. Attach the Base Plate with the three 2" Bolts (114). Note: It may be helpful if a second person tips the treadmill slightly as you tighten the Base Plate Screws.

   Carefully lower the Frame (7) to the floor as described on page 23.
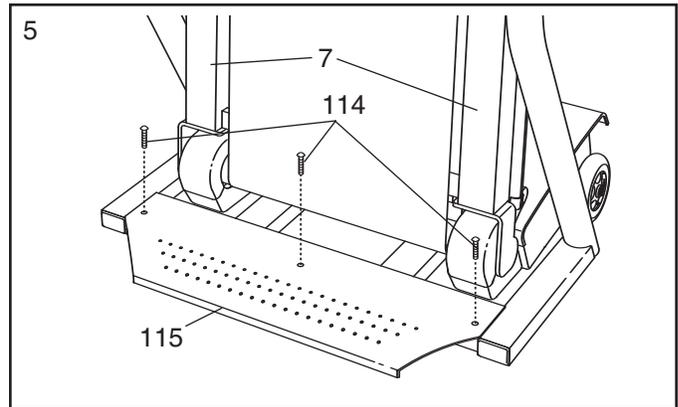
6. **Make sure that all parts are properly tightened before you use the treadmill. Place a mat beneath the treadmill to protect the floor.** For your benefit, familiarize yourself with the TROUBLESHOOTING information on pages 24 to 25.


If you purchase the optional chest pulse sensor (see page 21), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated Screws (6) from the Console Base (88).

   Important: The Screws (6) may be different lengths. Keep track of which Screws were removed from which holes.
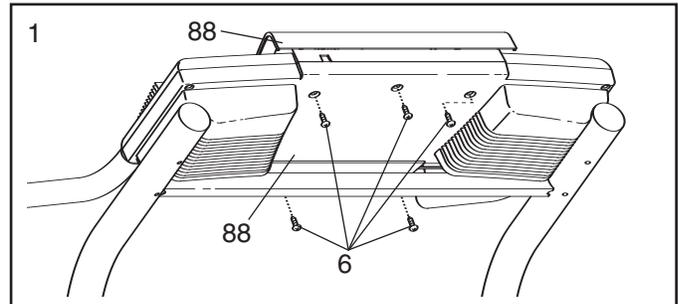
2. Peel the paper off the pad on the bottom of the Receiver (A). **Turn the Receiver so the cylinder is on the side shown,** and press the Receiver into the bottom of the Console Frame (120) in the indicated location.
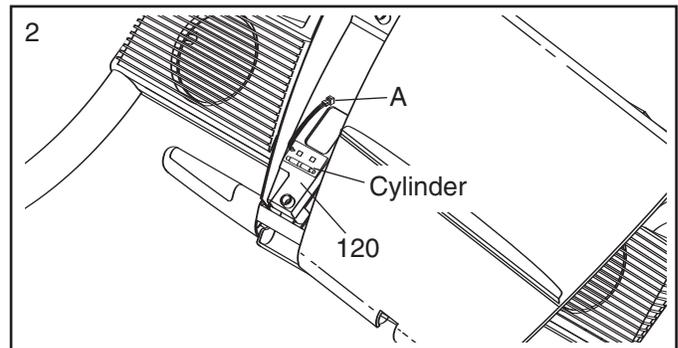
3. Connect the included Short Jumper Wire (E) to the wire on the Receiver (B). Connect the other end of the Short Jumper Wire to the PLS2 jack on the back of the Console (C). If there is a wire already plugged into the PLS2 jack, unplug it. Note: The other wires included with the receiver may be discarded. The Wire Tie can be used to tie wires, if needed.

   Make sure that no wires are pinched. See step 1. Reattach the Console (C) with the Screws. **Important: If the Screws are not put back into the same holes from which they were removed, the Console will be damaged.**
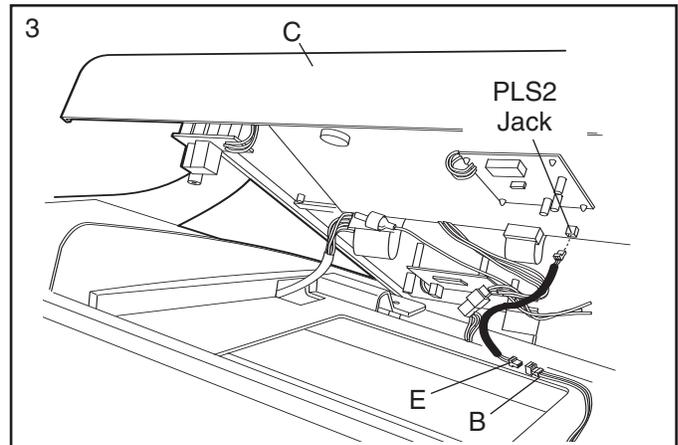
OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of elec-

tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.
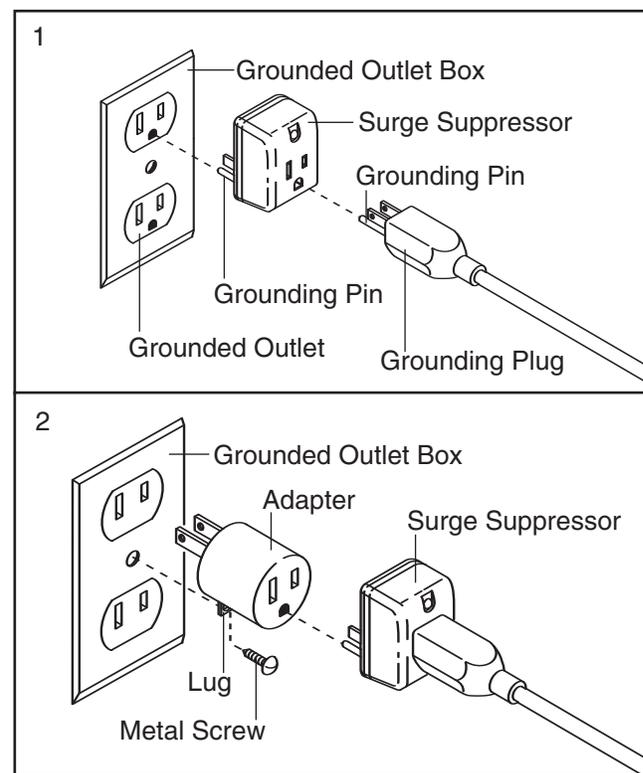
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**
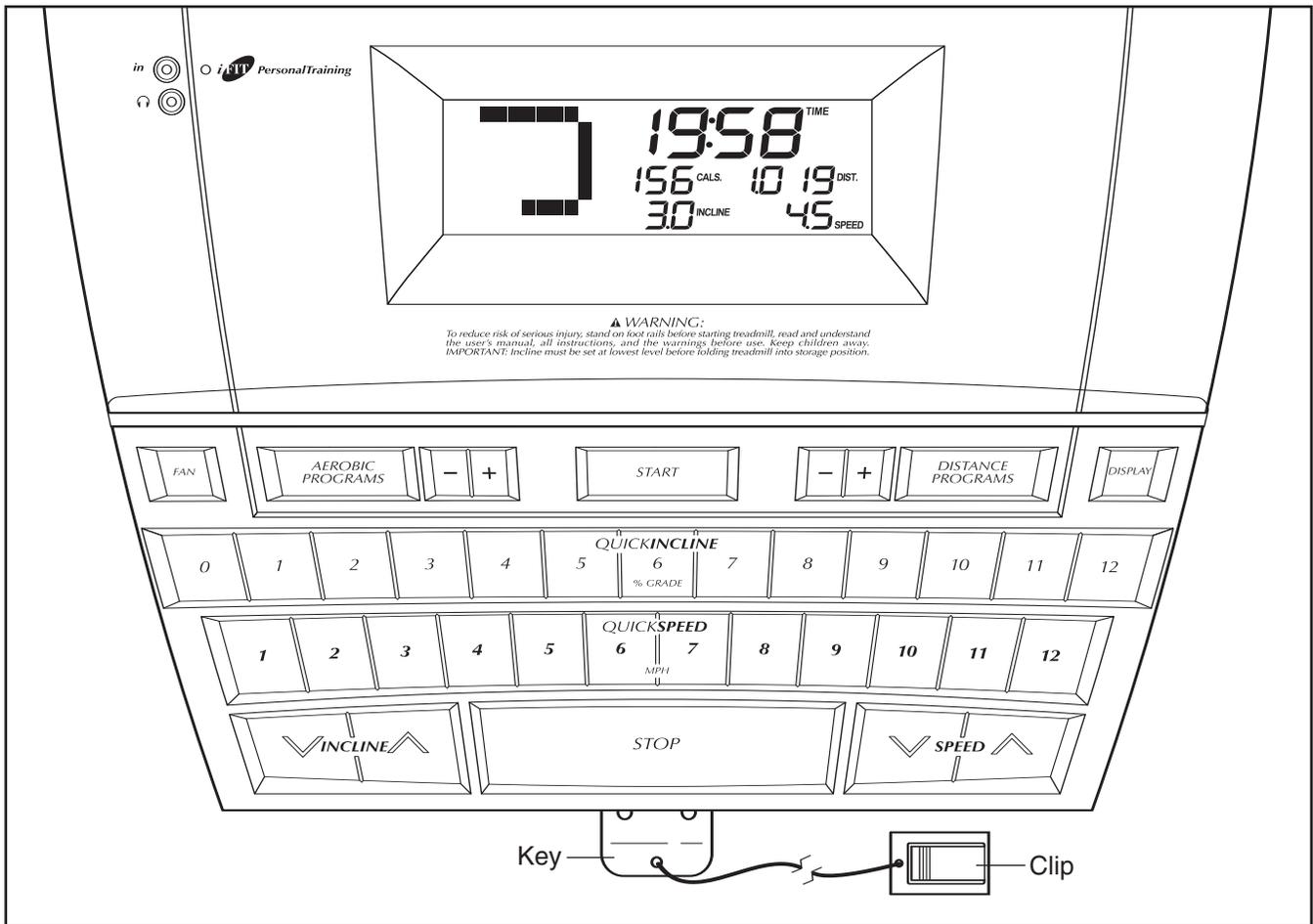
FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective. When the manual mode of the console is selected, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 21).

In addition, the console features 26 preset programs. Each preset program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

The console also offers four distance programs—5K, 10K, half marathon, and marathon—that count down from 5,000 meters, 10,000 meters, 13.10 miles, or 26.20 miles while you complete an endurance run.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special iFIT.com MP3, CD, and video programs (iFIT.com MP3 programs, CDs, and videocassettes are available separately). Each iFIT.com program automatically controls the speed and incline of the treadmill as a personal trainer guides you through every step of your workout; high-energy music provides added motivation. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**

With the treadmill connected to your computer, you can also go to www.iFIT.com and access iFIT.com programs directly from our Web site. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 11. **To use a preset program**, see page 13. **To use a distance program**, see page 15. **To use an iFIT.com MP3, CD, or video program**, see page 18. **To use an iFIT.com program directly from our Web site**, see page 20.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 9). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the breaker is in the "on" position.

On Position
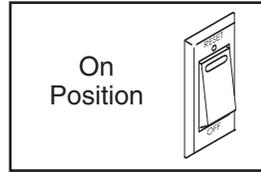
Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 10), and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the matrix and the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, always wear clean shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 25).
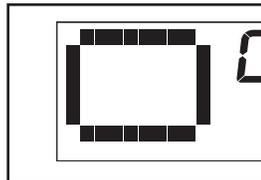
HOW TO USE THE MANUAL MODE

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER above.

2 **Select the manual mode.**

When the key is inserted, the manual mode will be selected. If a program or the iFIT.com mode has been selected, reselect the manual mode by removing the key and then reinserting it.

3 **Start the walking belt.**

To start the walking belt, press the Start button or the Speed increase button.

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the Quick Speed buttons.

Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button or the Speed increase button.

4 **Change the incline of the treadmill as desired.**

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. To change the incline setting quickly, press the Quick Incline buttons.

Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

5 **Follow your progress with the matrix and the display.**

When the manual mode or the iFIT.com mode is selected, the matrix will show a 1/4-mile (400-meter) track. As you walk or run on the treadmill, the segments of the track will appear in succession until the entire track appears. The track will then disappear and the segments will again begin to appear in succession.
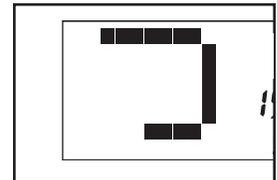
The lower left corner of the display will show the approximate number of calories you have burned and the incline level of the treadmill.

156 CALS.
3.0 INCLINE
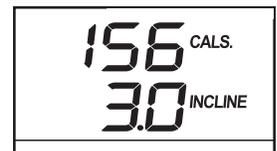
When you use the handgrip pulse sensor or the optional chest pulse sensor, the lower left corner of the display will also show your heart rate.

The lower right corner of the display will show the distance that you have walked or run, the elapsed time, the speed of the walking belt, and your pace (in minutes per mile).
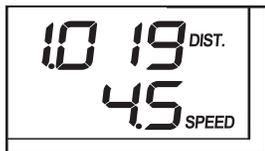
The center of the display is the priority display. Press the Display button repeatedly until the priority display shows the information that you are most interested in viewing. Note: While information is displayed in the priority display, the same information will not be displayed in the lower left or right corner of the display.

Note: The console can display speed and distance in either miles or kilometers. A "Km/H" will appear in the priority display when the console is displaying speed and distance in kilometers. To change the unit of measurement, see THE IN-FORMATION MODE/DEMO MODE on page 21. **Note: For simplicity, all instructions in this section refer to miles.**
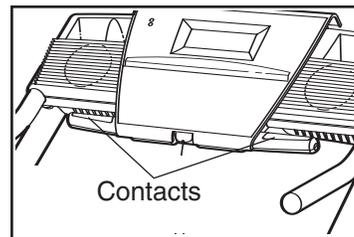
To reset the display, press the Stop button, remove the key, and then reinsert the key.

6 **Measure your heart rate if desired.**

Important: If you use the optional chest pulse sensor and the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.

To use the handgrip pulse sensor, first remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean. Next, **stand on the foot rails** and hold the metal contacts— **avoid moving your hands**. When your pulse is detected, the heart symbol in the lower left corner of the display will appear, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 **Turn on the fans if desired.**

To turn on the fans, press the Fan button. To turn on the fans at high speed, press the button a second time. To turn off the fans, press the button a third time. Note: If the fans are on when the walking belt is stopped, the fans will automatically turn off after a few minutes.

8 **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 21 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.
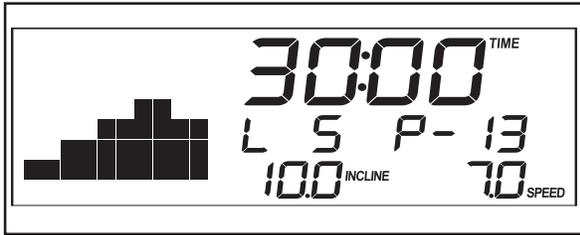
1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 11.

2 **Select one of the preset programs.**

To select a preset program, press the Aerobic Programs button repeatedly until the number of the desired preset program ("P1" through "P26") appears in the lower right corner of the display.

When a preset program is selected, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds. The display will also show the program time and the intensity level ("L1" through "L10") of the program. A profile of the speed settings of the program will scroll across the matrix.

3 **Adjust the intensity level of the program if desired.**

There are ten intensity levels for each preset program. If desired, press the increase or decrease button next to the Aerobic Programs button to change the intensity level of the program. If you change the intensity level, the new maximum speed setting of the program and the new maximum incline setting of the program will flash in the display for a few seconds. In addition, the profile in the matrix will change to show the new speed settings of the program.

4 **Press the Start button or the Speed increase button to start the program.**

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next several segments will be shown in the columns to the right.
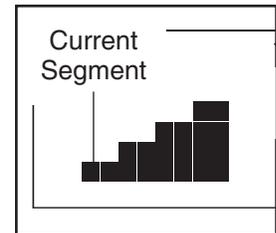
When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first segment is completed, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all seven of the indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed and/or incline settings of the program are too high or too low, you can change the intensity level of the program at any time by pressing the increase or decrease button next to the Aerobic Programs button.

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

5 **Follow your progress with the matrix and the display.**

See step 5 on page 11.

6 **Measure your heart rate if desired.**

See step 6 on page 12.

7 **Turn on the fans if desired.**

See step 7 on page 12.

8 **When you are finished exercising, remove the key from the console.**

When the program ends, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a safe place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 21 and turn off the demo mode.**

When you are finished using the treadmill, **switch the reset/off circuit breaker to the "off" position and unplug the power cord.**
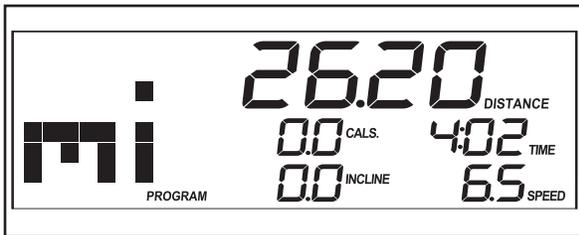
HOW TO USE A DISTANCE PROGRAM

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 11.

2 **Select a distance program.**

To select a distance program, press the Distance Programs button repeatedly until 5000, 10.00, 13.10, or 26.20 appears in the priority display, and the letters "m," "km," or "mi" appear in the matrix.

When a distance program is selected, the maximum speed setting of the program will flash in the display for a few seconds.

3 **Press the Start button to start the program.**

A moment after the button is pressed, the walking belt will begin to move at 3 mph. Hold the handrails and begin walking.

Near the end of the first minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 5 mph.

Near the end of the second minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 6.5 mph.

Note: To change the speed of the walking belt or the incline of the treadmill at any time during the program, press the Speed or Incline buttons.

The priority display will show the number of meters or miles still to be run. When you have almost reached the distance goal, the lower right corner of the display will flash and a series of tones will sound.

To stop the program at any time, press the Stop button. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. Adjust the speed of the walking belt as desired by pressing the Speed increase or decrease button or one of the twelve numbered Speed buttons.

When you have completed a distance program, your total time will flash in the lower left corner of the display and "cool dn" (cool down) will scroll across the priority display. If the speed of the walking belt is greater than 5 mph, the walking belt will then slow to 5 mph for one minute. After one minute, the walking belt will slow to 4 mph for 2 minutes. The walking belt will then slow to 3 mph for 2 minutes. The walking belt will then slow to a stop.

4 **Follow your progress with the matrix and the display.**

See step 5 on page 11.

5 **Measure your heart rate if desired.**

See step 6 on page 12.

6 **Turn on the fans if desired.**

See step 7 on page 12.

7 **When you are finished exercising, remove the key from the console.**

See step 8 on page 14.

HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, the treadmill must be connected to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 16 and 17 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the treadmill must be connected to your computer. See page 17 for connecting instructions. **To use iFIT.com video programs**, the treadmill must be connected to your VCR. See page 18 for connecting instructions.

HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

A. Plug one end of the included 3.5 mm to 3.5 mm stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.
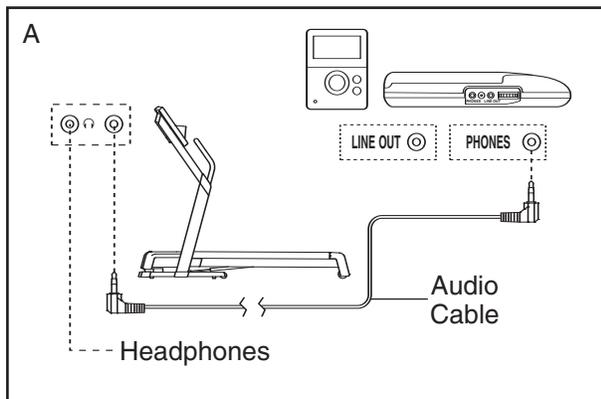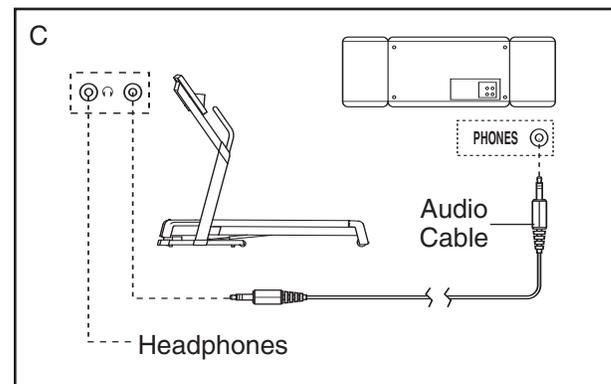

HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5 mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.
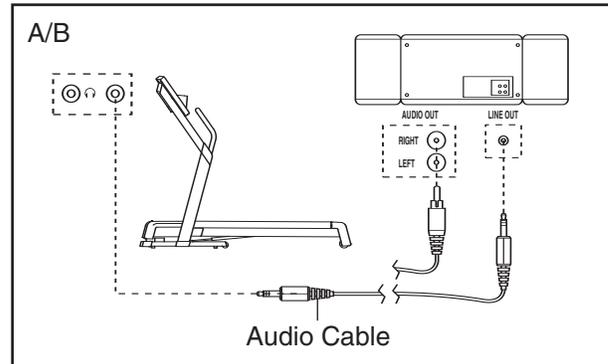
B. See the drawing above. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.
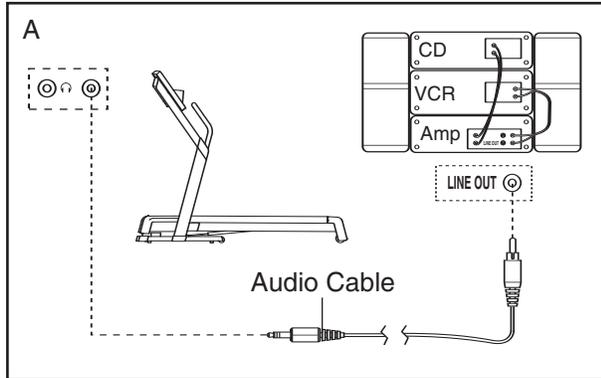
C. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.
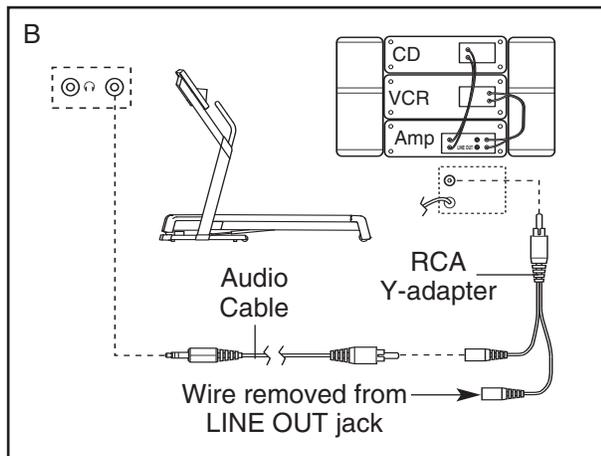
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.
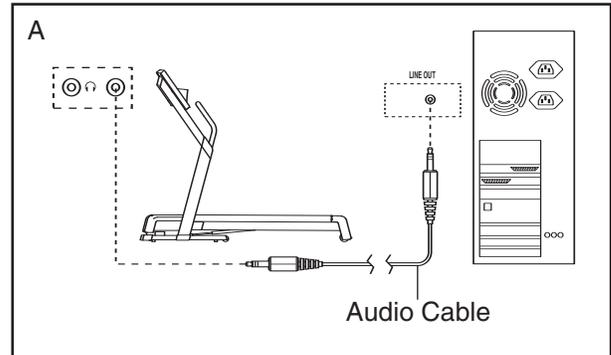

B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo. Note: While the Y-adapter is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.
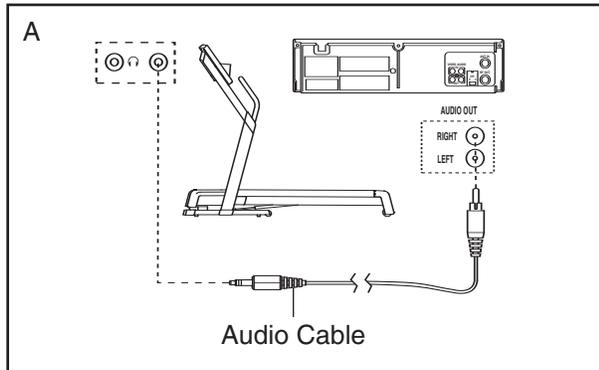

HOW TO CONNECT YOUR COMPUTER

A. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.
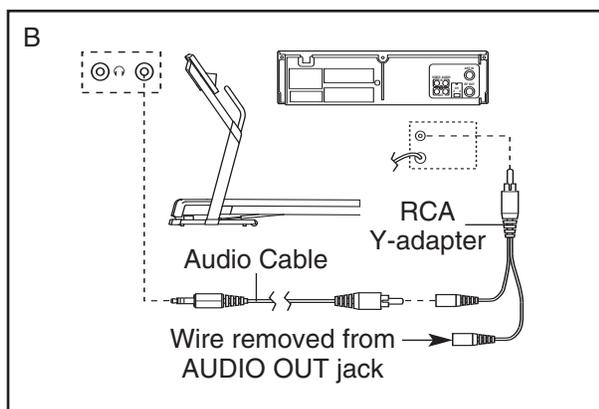
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 17.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.

A

Audio Cable

B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.

B

RCA
Y-adapter

Audio Cable

Wire removed from
AUDIO OUT jack

HOW TO USE AN IFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, the treadmill must be connected to your MP3 player, CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS on pages 16 to 18. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**
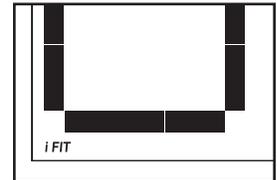
Follow the steps below to use an iFIT.com MP3, CD, or video program.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the Aerobic Programs button repeatedly until a track and the letters "iFIT" appear in the matrix.

i FIT

3 Press the Play button on your CD player or VCR.

Note: If you are using an iFIT.com CD, insert the CD into your CD player; if you are using an iFIT.com videocassette, insert the videocassette into your VCR.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the display, press the Start button or the Speed increase button on the console. The treadmill will not respond to an MP3, CD, or video program while the time is flashing in the display.

18

During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before your personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and/or incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 18.

Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard:

• **Make sure that the letters "iFIT" appear in the matrix and that the time is not flashing in the display. If the time is flashing, press the Start button or the Speed increase button on the console.**

• **Adjust the volume of your MP3 player, CD player, or VCR. If the volume is too high or too low, the console may not detect the program signals.**

• **Make sure that the audio cable is properly connected.**

• **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

4 **Follow your progress with the matrix and the display.**

See step 5 on page 11.

5 **Measure your heart rate if desired.**

See step 6 on page 12.

6 **Turn on the fans if desired.**

See step 7 on page 12.

7 **When you are finished exercising, remove the key from the console.**

See step 8 on page 14.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.

HOW TO USE AN IFIT.COM PROGRAM DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use a program from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select the iFIT.com mode.

See step 2 on page 18.

3 Go to your computer and start an internet connection.

4 Start your web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. To restart the walking belt, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard, make sure that the letters "iFIT" appear in the matrix and that the time is not flashing in the display. In addition, make sure that the audio cable is properly connected.

8 Follow your progress with the matrix and the display.

See step 5 on page 11.

9 When you are finished exercising, remove the key from the console.

See step 8 on page 14.

THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of treadmill usage information. The information mode also allows you to select miles or kilometers as the unit of measurement for speed and distance and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console, and then release the Stop button. When the information mode is selected, the following information will be shown in the display:

The priority display will show the total number of hours that the treadmill has been operated. The lower right corner of the display will show the total number of miles (or kilometers) that the walking belt has moved. In addition, an "E" for English miles or an "M" for metric kilometers will appear in the lower left corner of the display. Press the Speed increase button to change the unit of measurement if desired.
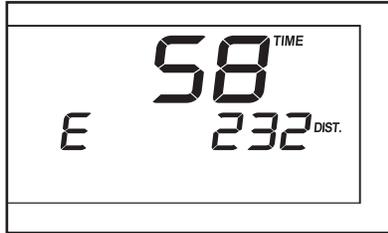
Note: The console features a demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the "off" position, and insert the key into the console. However, when you remove the key, the display will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the lower left corner of the display while the information mode is selected. To turn on or turn off the demo mode, press the speed decrease button.
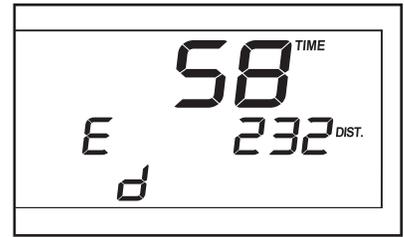
To exit the information mode, remove the key from the console.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor offers hands-free operation as it monitors your heart rate during your workouts. **To purchase a chest pulse sensor, call the telephone number on the front cover of this manual.**
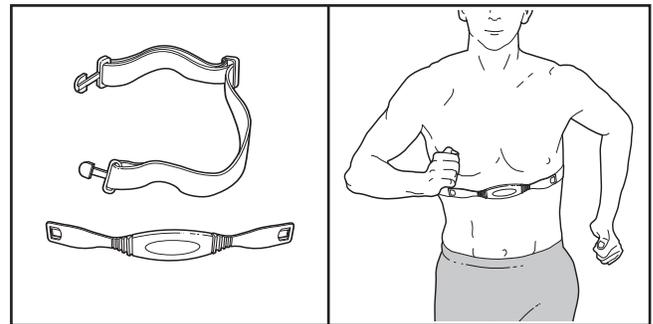
HOW TO FOLD AND MOVE THE TREADMILL
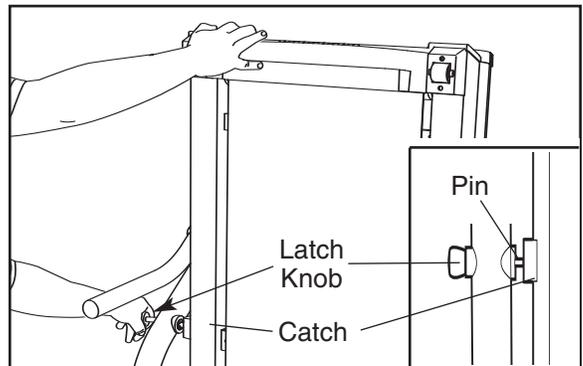
HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may become permanently damaged. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the location shown by the arrow at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.
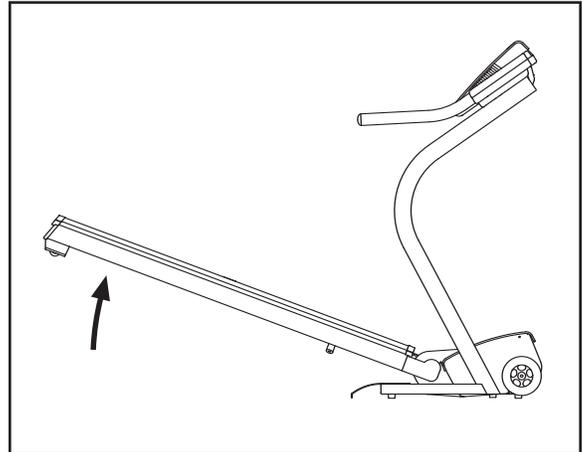
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the lock knob to the left and hold it. Raise the frame until the pin on the lock knob is aligned with the hole in the catch. Insert the pin into the catch. **Make sure that the pin is fully inserted into the catch.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin on the lock knob is fully inserted into the catch.**

1. Hold the top of the upright and place one foot against a wheel.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.
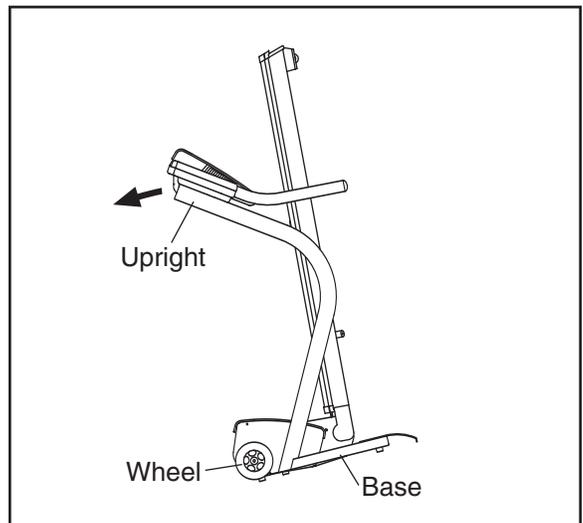
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand
   as shown. Using your left hand, pull the lock knob to the
   left and hold it. Pivot the frame down until it is past the pin
   on the lock knob. Note: You may need to push the
   handrail to the side slightly.
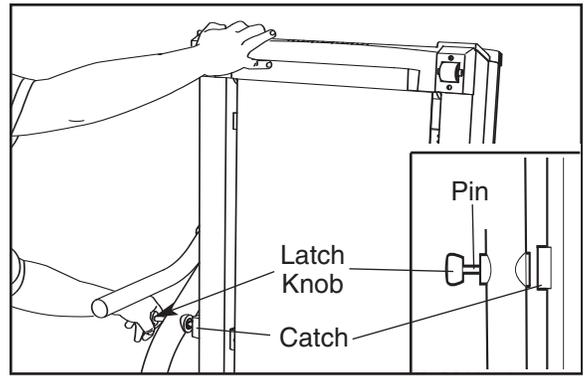
2. Hold the treadmill firmly with both hands, and lower the
   frame to the floor. **Do not drop the frame to the floor.
   CAUTION: To decrease the possibility of injury, bend
   your legs and keep your back straight.**
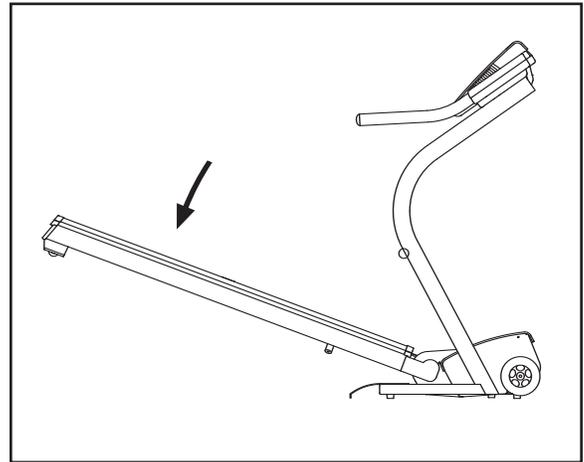
TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the reset/off circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the breaker back in.
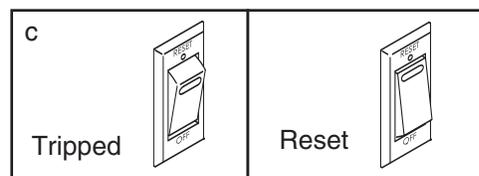
PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the breaker back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key fully into the console.

d. Make sure that the reset/off circuit breaker is in the reset position.

e. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **unplug the power cord.** Remove the indicated Screws (69) from the Hood (37). Carefully rotate and lift the Hood.
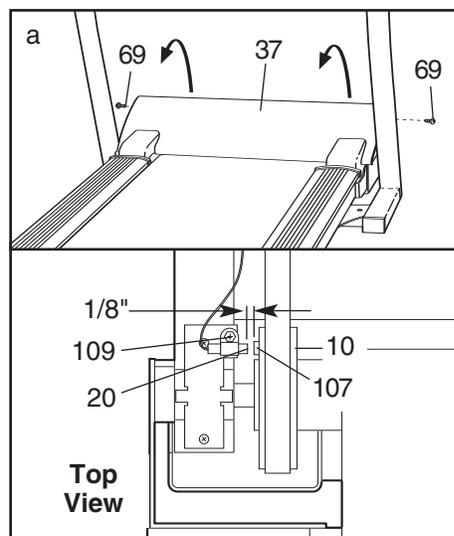

Locate the Reed Switch (20) and the Magnet (107) on the left side of the Pulley (10). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (109), move the Reed Switch slightly, and then retighten the Screw. Then, reattach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9.
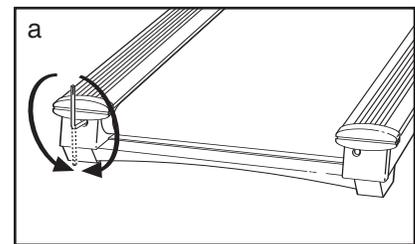
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
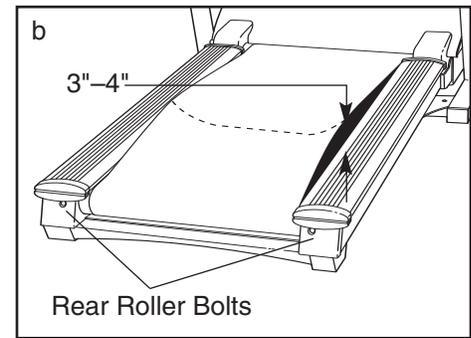
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
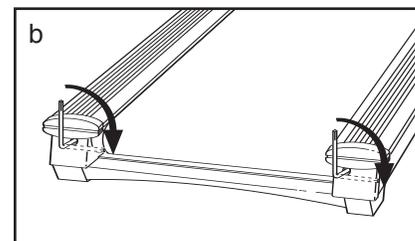
PROBLEM: The incline of the treadmill does not change correctly or does not change when iFIT.com CDs and videos are played

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with preexisting health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	🖤
145	138	130	125	118	110	103	🖤
125	120	115	110	105	95	90	❤
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for en-

ergy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
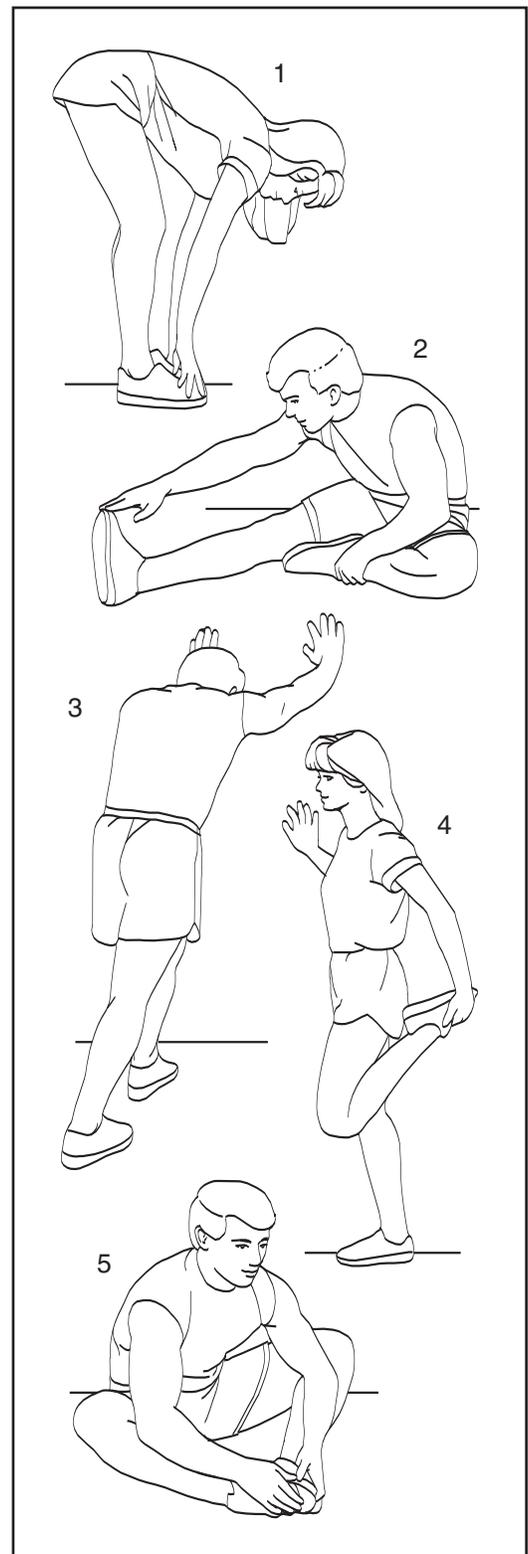
NOTES

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PART LIST—Model No. NTL21005.0

To locate the parts listed below, refer to the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Insert	51	1	Static Warning Decal
2	1	Left Foot Rail	52	1	Reset/Off Circuit Breaker
3	1	Pivot Spacer	53	1	Power Cord
4	1	Left Foot Rail Endcap	54	1	Power Cord Grommet
5	8	Endcap Screw	55	2	Wheel Washer
6	2	Rear Platform Screw	56	1	Belly Pan Bracket
7	1	Frame	57	2	Rear Wheel Spacer
8	1	Walking Belt	58	4	Wheel Block Screw
9	1	Walking Platform	59	1	Right Wheel Block, Bottom
10	1	Front Roller/Pulley	60	2	Rear Wheel
11	1	Motor Belt	61	1	Right Wheel Block, Top
12	1	Drive Motor	62	3	Roller Adj. Washer
13	2	Roller Bushing, Bottom	63	2	Rear Roller Adj. Bolt
14	2	Roller Bushing, Top	64	1	Front Roller Adj. Bolt
15	2	Bushing Plate	65	1	Rear Endcap Bracket
16	8	Bushing Plate Screw/Isolator Screw	66	1	Rear Endcap
17	1	Lift Frame	67	1	Left Wheel Block, Top
18	1	Reed Switch Clip	68	1	Rear Roller
19	4	Platform Screw	69	24	Screw
20	1	Reed Switch/Sensor Wire	70	1	Latch Catch
21	1	Transformer	71	4	Bushing Plate Screw
22	1	Idler Tension Bolt	72	1	Front Roller Nut
23	1	Idler Pulley Bolt	73	1	Handrail
24	2	Console Ground Wire	74	2	Handrail Cap
25	1	Idler Arm Bearing	75	1	Hand Grip Pulse
26	1	Idler Arm	76	4	Walking Board Bracket
27	2	Idler Arm Washer	77	4	U-nut
28	3	Cage Nut	78	1	Right Foot Rail Endcap
29	2	Platform Pad	79	4	Belt Guide Screw
30	1	Idler Pulley	80	1	Console
31	2	Hood Clips	81	1	Book Holder
32	1	Idler Spring	82	1	Key/Clip
33	1	Transformer Bracket	83	1	Upright/Base
34	1	Left Fan Housing w/Fan	84	1	Right Fan Housing w/Fan
35	1	Filter Wire	85	2	Console Fan
36	15	Electronics Screw	86	1	Lock Knob Spacer
37	1	Motor Hood	87	1	Lock Knob Sleeve
38	2	Motor Bolt	88	1	Console Base, Bottom
39	5	Wire Track Screw	89	1	Left Cup Holder
40	4	Lift Motor Nut/Idler Nut	90	1	Right Cup Holder
41	1	Lift Motor Bolt, Top	91	1	Lock Pin Assembly
42	1	Lift Motor Bracket	92	1	Hole Plug
43	1	Lift Motor	93	2	Upright Endcap, Round
44	1	Lift Motor Bolt, Bottom	94	1	Lift/Roller Ground Wire
45	4	Isolator	95	4	Handrail Washer
46	1	Electronics Bracket	96	4	4 1/2" Bolt
47	1	Controller	97	1	Left Wheel Block, Bottom
48	2	1/4" Star Washer	98	1	Audio Cable
49	4	#8 Star Washer	99	2	Front Platform Screw
50	1	Belly Pan	100	1	Latch Warning Decal

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Wire Clamp	121	1	Releaseable Tie
102	1	Shock	122	1	Hex Key
103	2	Front Wheel Bolt	123	3	Cable Tie Clamp
104	2	Front Wheel Bushing	124	15	8" Cable Tie
105	2	Front Wheel	125	1	Split Pivot Spacer
106	2	Front Wheel Spacer	126	20	3/4" Tek Screw
107	1	Magnet	127	1	Right Foot Rail
108	6	Base Pad	128	5	Hood Mount, Large
109	15	Base Pad Screw/Misc. Screw	129	2	Hood Mount
110	2	Caution Decal	130	1	Ground Wire
111	2	Upright Endcap	131	1	Upright Wire Harness
112	2	Belt Guide	#	1	6" Blue Wire, 2F
113	1	Wire Track	#	1	4" Red Wire, M/F
114	3	2" Bolt	#	1	4" Black Wire, M/F
115	1	Base Plate	#	2	4" Green Wire, M/Ring
116	1	Base Plate Bumper	#	1	User's Manual
117	8	Platform Bracket Screw			
118	3	Catch Screw			
119	6	Deck Rail Washer			# These parts are not illustrated.
120	1	Console Frame			Specifications are subject to change without notice
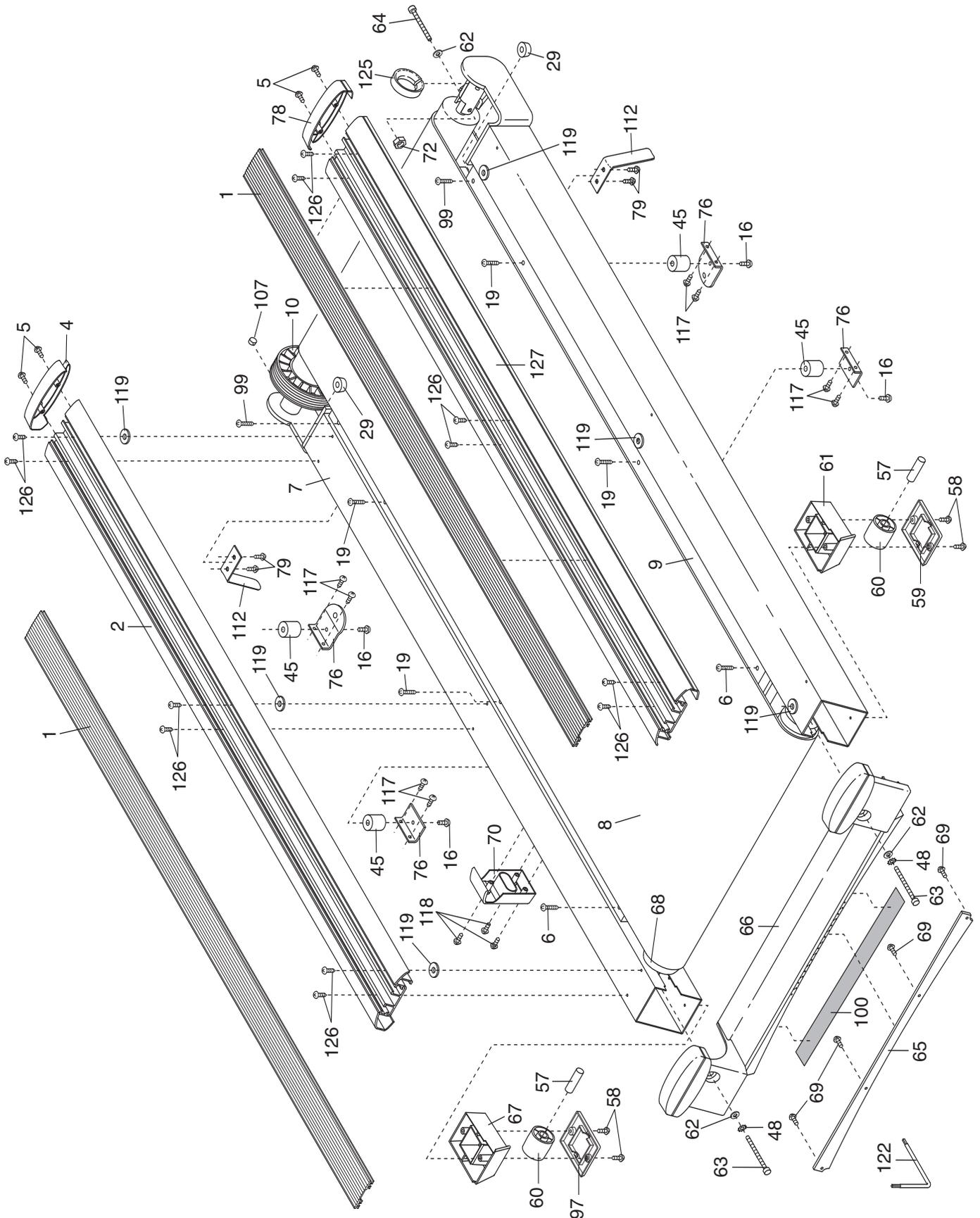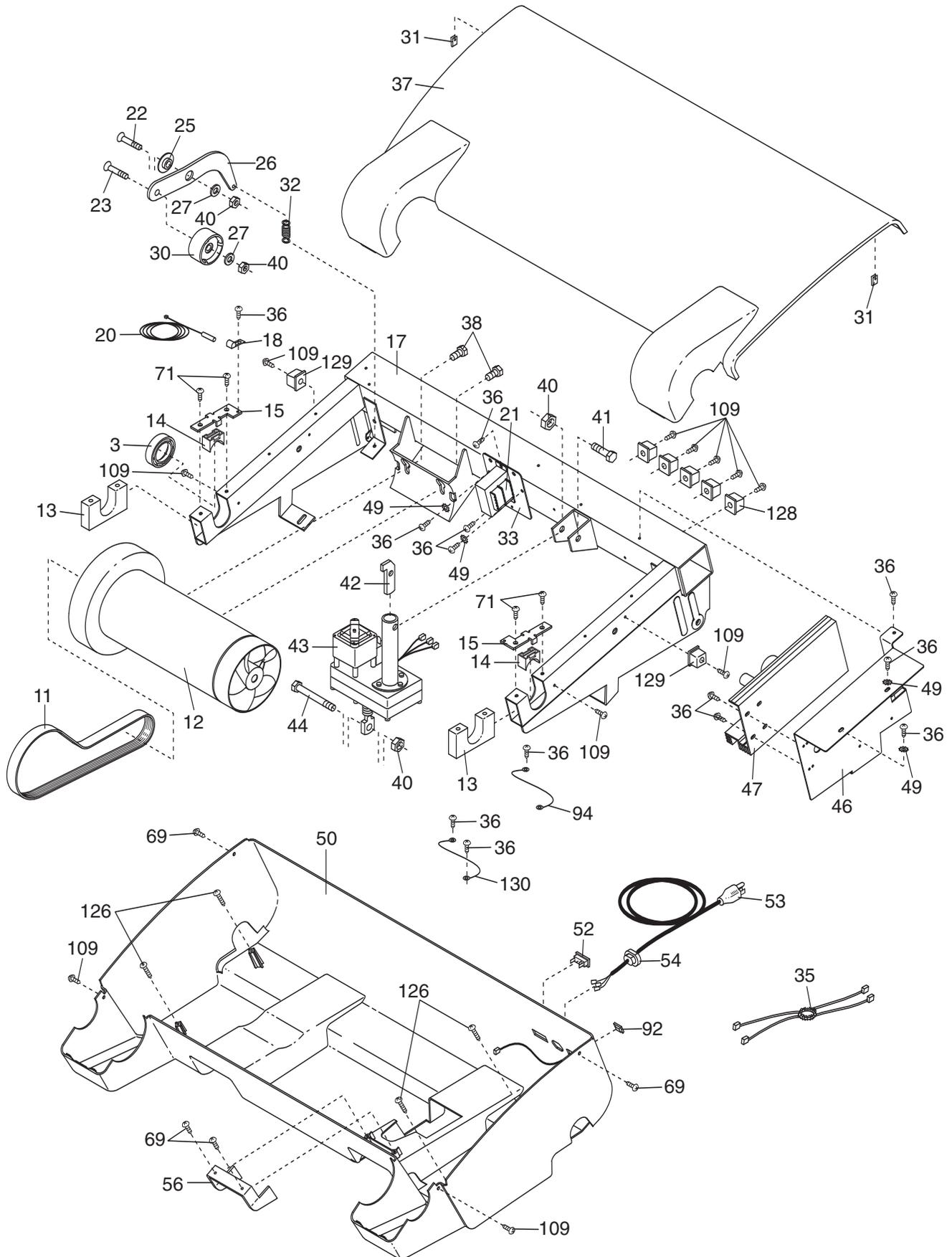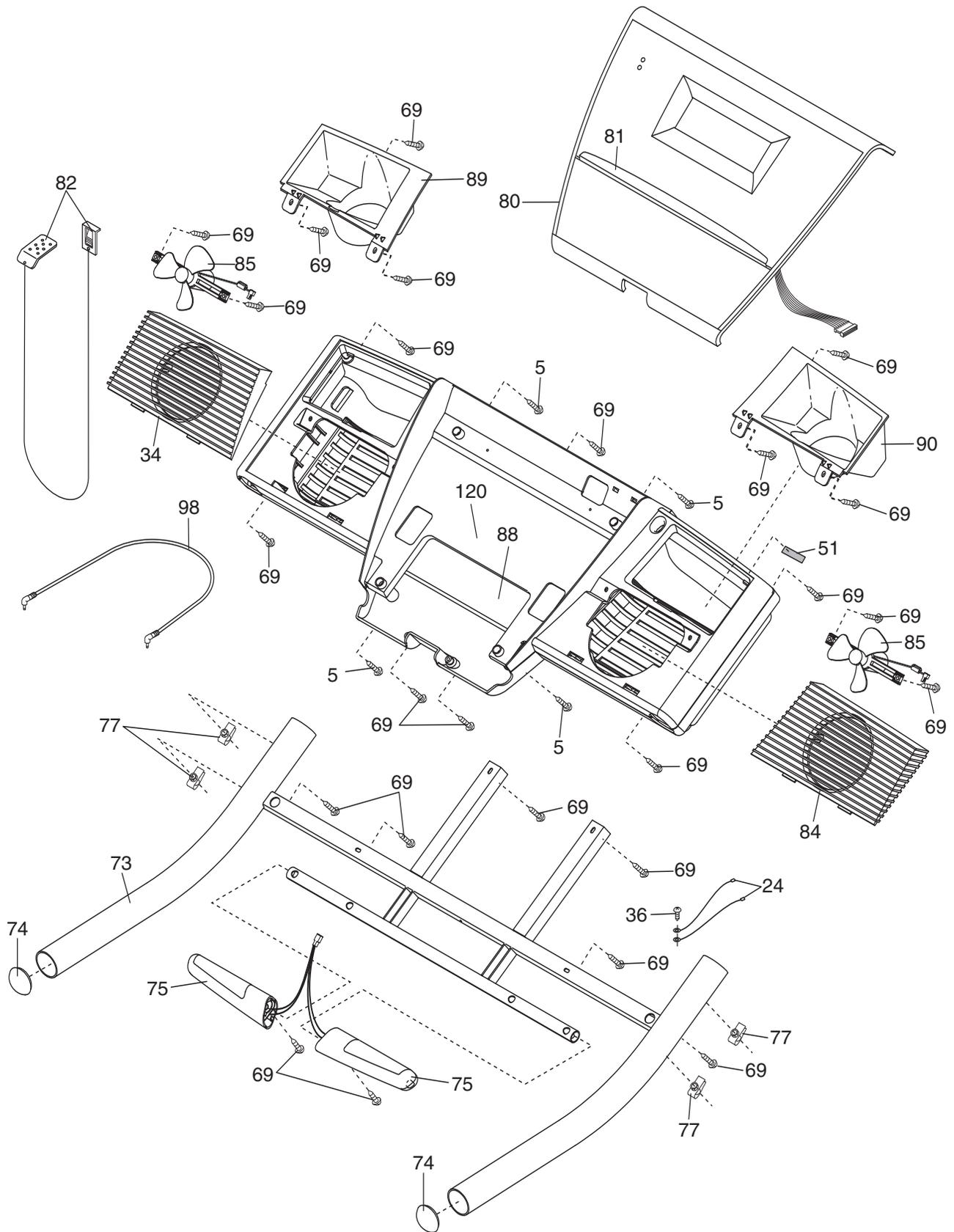
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information:

• the MODEL NUMBER OF THE PRODUCT (NTL21005.0)

• the NAME OF THE PRODUCT (NordicTrack APEX 6000 treadmill)

• the SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)

• the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST and EXPLODED DRAWING starting on page 30)